



Navy Environmental Health Center  
Sexual Health and Responsibility Program (SHARP)

## HIV-STD Prevention Counseling

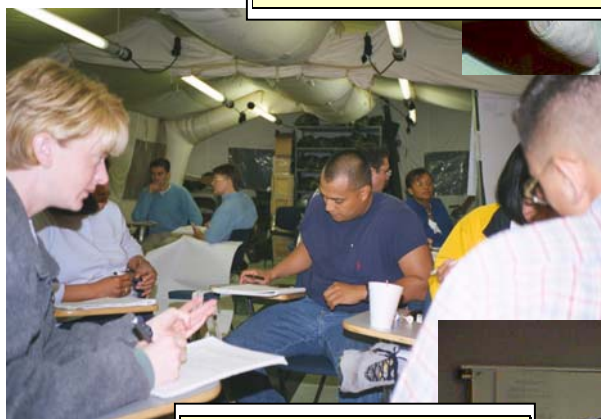
**Sexual Health and Responsibility Program (SHARP)**  
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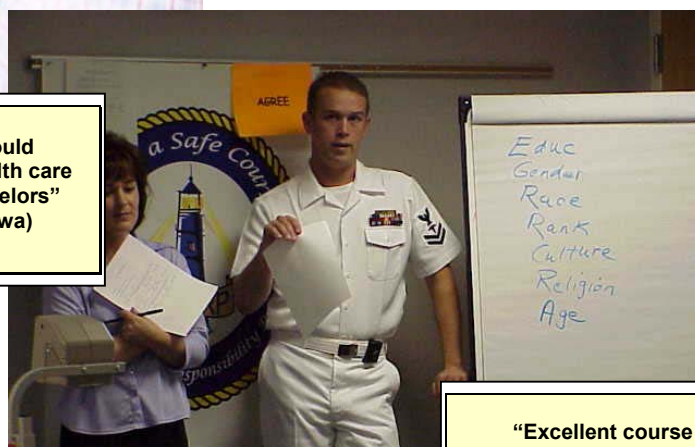
Client-centered counseling  
techniques for risk reduction –  
recommended by the  
US Preventive Services Task Force<sup>1</sup>  
and CDC<sup>2,3</sup>



"Outstanding presentation.  
Very relevant information"  
(Navy Physician's Assistant, Guam)



"Great course. Would  
recommend to all health care  
providers and counselors"  
(Navy PMT, Okinawa)



"Excellent course –  
practical scenarios"  
(General Medical Officer,  
Cherry Point, NC)

1. *Guide to Clinical Preventive Services*, Report of the USPSTF, 1996
2. *MMWR* 50:RR-19 (Nov 9, 2001) – HIV Prevention Counseling Guidelines
3. *MMWR* 51:RR-6 (May 10, 2002) – STD Treatment Guidelines 2002

*"Chart a Safe Course"*

"Very informative – should be taught to Hospital Corpsmen in Regimental & Battalion Aid Station settings"  
(Prev Med PO, Camp Lejune, NC)

**Background:** This course was developed by the Centers for Disease Control and Prevention (CDC)

based upon results from *Project Respect*. Project Respect counseling interventions were based on the Theory of Reasoned Action and Social Cognitive Theory. Patient counseling sessions are interactive and designed to change factors that could facilitate condom use, such as self-efficacy, attitudes, and perceived norms. The intervention goal was to determine the effects of enhanced and brief interactive counseling interventions to reduce high-risk behavior and to prevent new STDs. **Participants reported significantly higher condom use** compared with participants in the comparison condition (information-only patient education). Of the counseling participants, **30% fewer had new STDs** compared with participants in the didactic message condition. Client-centered risk reduction counseling is endorsed by the U.S. Task Force on Clinical Preventive Services (*Guide to Clinical Preventive Services, Report of the USPSTF*, 1996) and the CDC (MMWR 50:RR-19, Nov 9, 2001 – *HIV Prevention Counseling Guidelines* and MMWR 51:RR-6, May 10, 2002 – *STD Treatment Guidelines 2002*)

"Excellent course"  
(Navy Health Promotion Coordinator, Rota, Spain)

**Objective:** This course is designed to improve the ability of providers in a variety of settings to support individuals in making behavior changes that will reduce their risk of acquiring or transmitting HIV or other sexually transmitted diseases.

**Course Overview:** The course requires two full days of attendance. It is very interactive and provides opportunities for the participants to examine the various factors that influence risk-taking behavior. Students improve their one-on-one disease prevention counseling skills by learning and practicing the CDC's 6-step process of effective client-centered counseling during role-play scenarios. Counselors learn how to help clients identify their risks, understand their options, and develop a plan to reduce their risk of infection or reinfection.

**Continuing Education Credit:**

*Medical Corps:* 13.25 CME

*Nurse Corps:* 14.8 Design I contact hours

*NEHA:* 14 contact hours

*IDC:* 16 contact hours

*CHES:* 12 contact hours

"Great class. Should be required for all Primary Care Managers on a yearly basis" (Navy Physician, Norfolk)

**Target Audience:**

The course is designed for physicians, Independent Duty Corpsmen, nurses, health promoters, Preventive Medicine Technicians, PM Representatives and PM Petty Officers, counselors, and public health educators, who are tasked to counsel individual Sailors and Marines regarding sexual behavioral risk reduction.

"Had our first appointment yesterday using the new counseling techniques. I was amazed how different and easy it went using the 6 steps!"  
(Navy PMT, Sigonella, Italy)

This course is provided to all Preventive Medicine Technicians since May 2000 at the Naval School of Health Sciences (San Diego). SHARP also conducts the course at NEHC in Portsmouth and other sites upon request.

"One of the best courses I've taken" (USNR School Nurse, San Diego)

**Prerequisites:** Basic knowledge of HIV/AIDS/STD epidemiology, prevention, and antibody testing is required. The course does NOT review any pathophysiology of STDs. Prospective students are strongly encouraged to complete any or all the self-study courses offered through SHARP at <http://www-nehc.med.navy.mil/hp/sharp/index.htm>.

**Course Schedule** is available on the internet at <http://www-nehc.med.navy.mil/hp/sharp/index.htm>

**Requests for Training:** Requests by your base or Command to host an iteration of this course may be coordinated with the NEHC-HP-SHARP Program staff.

"Excellent course" (Navy Independent Duty Corpsman, 29 Palms, CA)

**Materials/funding to be provided by host command:**  
Classroom to comfortably accommodate 20-40 students. Desktop/tabletop space for each student is desirable. Moveable tables and chairs (vs. auditorium seating) are preferred for rearrangement during breakout sessions.  
Equipment and Supplies: TV-VCR, overhead transparency projector (not a lite-pro), screen, newsprint tablets (2) with easels (2).  
Class Roster provided to NEHC not later than 10 days prior to class start date (to facilitate preparation of certificates and confirm class size). Please e-mail the names of students (as they want them to appear on their certificates) to [macdonaldb@nehc.med.navy.mil](mailto:macdonaldb@nehc.med.navy.mil)